

6K Running Training Plan For Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run 10 min, Walk 1 min	Cross Train for 10 min or rest	Run 12 min, Walk 1 min	Cross Train for 10 min or rest	Run 12 min, Walk 1 min	Cross Train for 15 min	Rest
2	Run 15 min, Walk 1 min (Do this for 2 sets)	Cross Train for 15 min or rest	Run 20 min, Walk 1 min, run 10 mins	Cross Train for 15 min or rest	Run 20 min, Walk 1 min, run 10 mins	Cross Train for 30 min	Rest
3	Run 25 min, Walk 1 min, run 12 mins	Cross Train for 30 min	Run 30 mins	Cross Train for 30 min	Run 32 mins	Cross Train for 30 min	Rest
4	Run 35 mins	Cross Train for 30 min	Run 37 mins	Strength Train for 40 min	Race! Run a 6K	Cross Train for 40 min	Rest